



# **It's Autumn!**

**& time to review fall  
driving, home, and sports**



# Safety Tips

**How do we love Autumn? Let us count the ways —**

- the break from summer's heat and humidity***
- the brilliant reds, golds, and oranges of fall leaves***
- the taste of hot pumpkin pie and apple cider***
- the crisp bite of an autumn wind***
- the sight of school buses picking up children***
- the start of the football season***



# Topics

**Along with these simple pleasures associated with fall, we all should review –**

- **Safe fall driving procedures**
- **Tips for preparing our homes for cooler weather**
- **Prevention of fall sports injuries**

## During your morning and afternoon commutes:

- *Be on the look out for children who may stray into traffic while waiting for and when getting on and off of the school bus.*
- *Be aware of school zones and follow posted speed limits.*
- *Respect and obey school crossing guards.*
- *Watch for pedestrians when picking up and dropping children off at the school parking lot.*



## Follow basic rules for stopping for a school bus:

- *When a school bus stops and flashes red light(s), drivers approaching from either direction must stop at least 20 feet away from the bus.*
- *Drivers must stop for school buses even if they are on the opposite side of a divided highway.*
- *Once stopped for a school bus, drivers may not go again until the red lights stop flashing, or the bus driver or a traffic officer waves traffic on.*
- *After stopping for a school bus, drivers must watch for children along the side of the road and drive slowly until past them.*

## Prepare your home for winter:

- *Hire a professional to check your heating system, fireplace chimney, and/or wood-burning stove.*
- *Replace expired fire extinguishers in your kitchen, garage, and/or workshop.*
- *Test or replace smoke detector batteries and perform any manufacturer-recommended maintenance according to manufacturer directions.*
- *Check cords on all electrical equipment for cracks or damage.*



## Also:

- *Insulate water pipes running through unheated spaces.*
- *Check and repair caulking around doors and windows.*
- *Clean leaves and debris from gutters.*
- *Drain the gas and oil from your yard tools.*
- *Be sure to store gas cans safely away from sources of flames and sparks and out of the reach of children.*

## Basketball:

- *Wear safety gear such as knee and elbow pads, mouth guards, and eye protection.*
- *Warm up and stretch before playing.*
- *Before beginning play, inspect outdoor courts to make sure the court is free of holes and debris, goal posts are padded, and tripping hazards are removed from boundary lines.*
- *Play safe. Do not hold, block, push, trip, or charge opponents.*



## Flag Football:

- *Wear safety gear such as a mouth guard and knee/ankle supports.*
- *Warm up and stretch before playing.*
- *Play on a grassy area and make sure that the area is free of holes and debris.*
- *Play safe. Grab the flag! Do not pull a player down by the knees or by grabbing clothing.*



**Have a safe Autumn!**